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# LOSE UP TO 15 POUNDS IN 3 WEEKS POCKET GUIDE



WS Publishing. Paperback. Book Condition: new. BRAND NEW, Lose Up to 15 Pounds in 3 Weeks Pocket Guide, Alex A. Lluch, This easy-to-read book helps the reader understand the most effective ways to lose weight and keep it off. It also includes a fat-burning, calorie-blasting workout program, complete with photos and descriptions. The small, portable size of this book makes it perfect for bringing everywhere in a purse, briefcase, or gym bag. With the most powerful nutrition, diet and fitness...

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- Authored by Alex A. Lluch
- Released at -



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